

MODULE CMH3100: MENTAL HEALTH**Level:** Advanced**Theme:** Health Sciences**Prerequisite:** None**Module Description:** Students study the parameters of mental well-being and the causes, signs, symptoms and treatment of mental illness. Students learn coping skills, and identify community support resources.**Module Parameters:** No specialized equipment or facilities.**Curriculum and Assessment Standards**

| Module Learner Expectations | Assessment Criteria and Conditions | Suggested Emphasis |
|---|--|---------------------|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> • describe indicators of mental well-being • identify common stressors, the body's response to stress, and provide solutions for coping with stress • identify causes, signs and symptoms, pathology, treatment, prevention, impact and support resources for psychological disorders | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • developing a personal action plan in which the student: <ul style="list-style-type: none"> – describes the indicators of mental well-being – identifies stressors in his or her personal life – describe the body's stress response – describes a minimum of five effective coping strategies. <p><i>Assessment Tool</i> <i>CMHPAP: Personal Action Plan</i></p> <p><i>Standard</i> <i>Performance rating of 3 on the rating scale</i></p> <ul style="list-style-type: none"> • researching a psychological disorder as to: <ul style="list-style-type: none"> – pathology – signs and symptoms – causes – treatment – prevention – impact on the individual, family and community – community support resources available. <p><i>Assessment Tool</i> <i>CMH3100-1: Presentations/Reports: Mental Health</i></p> <p><i>Standard</i> <i>Performance rating of 3 on the rating scale</i></p> | <p>30</p> <p>60</p> |

MODULE CMH3100: MENTAL HEALTH (continued)

| Concept | Specific Learner Expectations | Notes |
|--|---|---|
| <p>Management (continued)</p> | <p><i>The student should:</i></p> <ul style="list-style-type: none"> • compare and contrast various coping techniques: <ul style="list-style-type: none"> – adaptive and maladaptive coping techniques. | <p>For example: passive, assertive, aggressive</p> <p>Common behaviours: anger, jealousy, shyness, depression.</p> <p>Psychological defence mechanisms: denial, fantasy, rationalization, repression, projection.</p> <p>Addictive behaviours.</p> <p>Successful techniques: planning, rehearsal, self-talk, relaxation, establishing goals, changing behaviour, biofeedback, meditation, medications.</p> <p>Guest speakers.</p> |
| <p>Observation, Assessment and Application</p> | <ul style="list-style-type: none"> • identify affective, behavioural and cognitive maladaptations • describe various psychological disorders, including causes, signs and symptoms, diagnosis, therapeutic approaches, prevention, community resources available and the impact on the individual, family and the community. • identify the various types of therapeutic environments available in the community: <ul style="list-style-type: none"> – acute care/active treatment unit – regional psychiatric centre – rehabilitation centre – community mental health or guidance centre – community group home. | <p>Mental Health Association.</p> <p>E.g.:</p> <ul style="list-style-type: none"> • depression • addictive behaviour • bi-polar disorder • schizophrenia • dementias (including Alzheimer's) • personality disorders. <p>Diagnostic and Statistical Manual (DSM IV).</p> <p>Acute detoxification, AA (self-help association), ADAAC, acute care hospital unit, closed/open unit, security measures (locked areas, restraints, injury prevention).</p> |

MODULE CMH3100: MENTAL HEALTH (continued)

| Concept | Specific Learner Expectations | Notes |
|--------------------|--|---|
| Career Exploration | <p><i>The student should:</i></p> <ul style="list-style-type: none">• identify and evaluate the career opportunities available in the field of mental health including:<ul style="list-style-type: none">– desirable personal characteristics– education qualifications– employment/entrepreneurial opportunities– tasks, working conditions– salary range and benefits– advancement potential. | Nursing, psychiatry, counselling, social work, home-care, etc. Job shadow, career exploration. |